



Town of East Hampton Human Services Department

Wellness 60+ Chair Yoga For Every Body FREE for the 60+ Community

Friday at 1:00 PM

**East Hampton Senior Center
128 Springs Fireplace Road**



Every body can do yoga! No matter your age or your limitations, there's always a workaround! Lois will guide you to a practice that makes sense—and allows you to benefit from more energy, high spirits, strength, and flexibility! All are welcome, street clothes fine, chairs provided!

Lois Nesbitt, Ph.D., has taught students and trained yoga teachers worldwide for more than 30 years. Having faced challenges in her own aging body and those of her students, she's devoted to enabling everyone to enjoy yoga's many options, no matter what's going on!

For further information call 631-329-6939